 Lesson 1: Italian Greetings & Introductions

 Key Phrases

| Italian | English | Notes |
|---|---|---|
| Ciao | Hi / Bye | Informal |
| Buongiorno | Good morning | Formal or polite |
| Buonasera | Good evening | Used from late afternoon on |
| Come stai? | How are you? | Informal |
| Come sta? | How are you? | Formal |
| Mi chiamo... | My name is... | Literally "I call myself" |
| Piacere di conoscerti | Nice to meet you | Informal |
| Piacere di conoscerla | Nice to meet you | Formal |
| Arrivederci | Goodbye | Formal |

 Sample Dialogue

**A:** Ciao! Come ti chiami?
**B:** Mi chiamo Luca. E tu?
**A:** Mi chiamo Sara. Piacere di conoscerti!
**B:** Piacere!

 Grammar Note: Formal vs Informal

Italian distinguishes between **tu** (informal “you”) and **Lei** (formal “you”). Use **Lei** with older people, strangers, or in professional settings.

- **Come stai?** → with *tu*
- **Come sta?** → with *Lei*

 Practice Task

Try writing your own short introduction in Italian:

1. Say hello
2. Share your name
3. Say how you're feeling today
4. Say goodbye
5.  Numbers 1–20

| Italian | English |
|---|---|
| uno | one |
| due | two |
| tre | three |
| quattro | four |
| cinque | five |
| sei | six |
| sette | seven |
| otto | eight |
| nove | nine |
| dieci | ten |
| undici | eleven |
| dodici | twelve |
| tredici | thirteen |
| quattordici | fourteen |
| quindici | fifteen |
| sedici | sixteen |
| diciassette | seventeen |
| diciotto | eighteen |
| diciannove | nineteen |
| venti | twenty |

 Talking About Age

**To say your age**, use:

*Ho [number] anni* → “I am [number] years old”
Literally: “I have [number] years”

Examples:

- **Ho diciotto anni** → I am 18 years old
- **Ho sette anni** → I am 7 years old
- Lesson 3: Colors & Everyday Objects
- Common Colors

| Italian | English |
|---|---|
| rosso | red |
| blu | blue |
| verde | green |
| giallo | yellow |
| nero | black |
| bianco | white |
| arancione | orange |
| rosa | pink |
| viola | purple |
| grigio | gray |
| marrone | brown |

 Everyday Objects Vocabulary

| Italian | English |
|---|---|
| la sedia | chair |
| il tavolo | table |
| il libro | book |
| la penna | pen |
| la finestra | window |
| la porta | door |
| la bottiglia | bottle |
| il cellulare | phone |
| la borsa | bag |
| il cappello | hat |

 Putting It Together

**To describe something:**

*È [color].* → It is [color].
*La penna è blu.* → The pen is blue.
*Il tavolo è marrone.* → The table is brown.

Remember: adjectives (like colors) change depending on the gender of the noun:

- **la penna rossa** (red pen – feminine noun)
- **il libro rosso** (red book – masculine noun)

 Practice Task

Translate these into Italian:

1. The window is green.
2. The book is yellow.
3. The bag is pink.

Or get creative and describe objects around you! 

Let me know if you're ready for **Lesson 4: Days, Months & Weather**, or if you want a mini quiz next. 

 Days of the Week

| Italian | English |
|---|---|
| lunedì | Monday |
| martedì | Tuesday |
| mercoledì | Wednesday |
| giovedì | Thursday |
| venerdì | Friday |
| sabato | Saturday |
| domenica | Sunday |

*Oggi è venerdì* → Today is Friday
*Domani è sabato* → Tomorrow is Saturday

 Months of the Year

| Italian | English |
|---|---|
| gennaio | January |
| febbraio | February |
| marzo | March |
| aprile | April |
| maggio | May |

| Italian | English |
|---|---|
| giugno | June |
| luglio | July |
| agosto | August |
| settembre | September |
| ottobre | October |
| novembre | November |
| dicembre | December |

*Il mio compleanno è a maggio* → My birthday is in May

 Talking About Weather

| Italian | English |
|---|---|
| Che tempo fa? | What’s the weather like? |
| Fa caldo | It’s hot |
| Fa freddo | It’s cold |
| C’è il sole | It’s sunny |
| È nuvoloso | It’s cloudy |
| Piove | It’s raining |
| Nevica | It’s snowing |
| C’è vento | It’s windy |

 Practice Task

Translate and complete:

1. Today is _____.
2. My birthday is in _____.
3. It’s cloudy today.

Or tell me what the weather is like where you are right now—in Italian! ☀□□

Let me know when you’re ready for **Lesson 5: Family & People** or want a fun quiz to test what you’ve learned so far! ☺□□

 Lesson 5: Family & People

□□□□ Family Vocabulary

| Italian | English |
|---|---|
| la famiglia | the family |
| la madre / mamma | mother / mom |
| il padre / papà | father / dad |
| il fratello | brother |
| la sorella | sister |
| i genitori | parents |
| il figlio | son |
| la figlia | daughter |
| il nonno | grandfather |
| la nonna | grandmother |
| lo zio | uncle |
| la zia | aunt |
| il cugino | cousin (male) |
| la cugina | cousin (female) |
| il marito | husband |
| la moglie | wife |

👨‍👩‍👧 People & Relations

| Italian | English |
|---|---|
| l’amico / l’amica | friend (male/female) |
| il vicino | neighbor |
| il collega | colleague |
| il bambino / la bambina | child (boy/girl) |
| la persona | person |
| la gente | people |

📝 Simple Sentences

*Questa è mia madre.* → This is my mother
*Ho due sorelle e un fratello.* → I have two sisters and one brother
*La mia famiglia è grande.* → My family is big
*Mio nonno si chiama Pietro.* → My grandfather is named Pietro

🎯 Practice Task

Try describing your family using Italian:

- How many siblings do you have?
- What's your mother or father's name?
- Say: “I have a big/small family”

Example:

*Ho una sorella e due fratelli. Mia mamma si chiama Lucia.*

Want to go next with **Lesson 6: Food & Meals** (delicious!) or should I challenge you with a review quiz on what you’ve learned so far? □□□

□ Lesson 6: Food & Meals in Italian

□ Common Meal Vocabulary

| Italian | English |
|---|---|
| la colazione | breakfast |
| il pranzo | lunch |
| la cena | dinner |
| lo spuntino | snack |
| mangiare | to eat |
| bere | to drink |
| ho fame | I'm hungry |
| ho sete | I'm thirsty |

□ Popular Foods & Drinks

| Italian | English |
|---|---|
| il pane | bread |
| la pasta | pasta |
| la pizza | pizza |
| il riso | rice |
| la carne | meat |
| il pesce | fish |
| le verdure | vegetables |
| la frutta | fruit |
| l'acqua | water |

| Italian | English |
|---|---|
| il vino | wine |
| il caffè | coffee |
| il succo | juice |

 Example Sentences

*Mangio la pizza a cena.* → I eat pizza for dinner
*Bevo il caffè ogni mattina.* → I drink coffee every morning
*Ho fame! Voglio mangiare.* → I'm hungry! I want to eat
*Pranzo con la mia famiglia.* → I have lunch with my family

 Practice Task

Try answering or translating these:

1. What do you eat for lunch?

*Cosa mangi a pranzo?*
2. Say: "I drink water and juice" *Bevo acqua e succo*
3. Say: "I'm hungry and I want pasta" *Ho fame e voglio la pasta*

Let me know when you're ready for **Lesson 7: Places Around Town** or want to mix it up